HAPPINESS IS 4-H

By Frank H. Sweet
Extension Agent

Three Appomattox Senior 4-H members are away this week as repressentatives of the county's 4-H program. David Caldwell is in Lexington, Kentucky as one of two delegates from Virginia at the Kentucky State 4-H Week. Susan Parris and Lisa Moore are in Washington D.C. as guests of the Virginia Association of Electric Cooperative Youth Tour program. Susan and Lisa's trip was provided by the Southside Electric Cooperative.

* * *

Seventy-nine 4-H'ers turned in June Is Dairy Month posters this year. The theme was "Milk's the One" and the program is sponsored by the American Dairy Association to help young people learn about the importance of dairy products.

Top winning posters were submitted by Patrick Myrick in the 9-11 age group, Sally Coleman in the 12-14 age group and Susan Parris in the 15-18 age group. Watch next week's **Times-Virginian** for pictures of these winning posters. Also, you may wish to listen to the 4-H'errs discuss their posters on the Extension Service program next Monday at 12:35 p.m. on WTTX.

Winning poster will be forwarded to the State 4-H Office for further judging in late June. Congratulations to all who took part!

* * *

The 4-H Dog Show was held last week and a lot of fun it was! (See article about the Dog Show elsewhere in the **Times-Virginian**). A big thanks to Bill Burke and Lawson Ford for their continued sponsorship of this 4-H activity.

* * *

Appomattox will be represented next week by over 20 senior 4-H'ers at State 4-H Congress. Many of these members will be competing on the state level. We wish them loads of success.

* * *

Miss Irene Ellis, a rising Senior at VPI & SU, began working with us this week as a summer aide. Irene has a great 4-H background and should be a real help to many of the 4-H members in Appomattox. She has been State 4-H President and a State Achievement winner.

Whether your interests are showing a calf , sewing, leadership opportunitiers or an achievement record, Irene can you. You 4-H'ers and leaders will want to stop by and meet her.

Program on "Women and Alcohol" Planned June 15th

Brenda Blair, Director of Alcohol Program, Grant Hospital of Chicago, will speak on "Women and Alcohol" at a special program to be held Friday, June 15, from 9 to 4:30 p.m. at the Wailes Center at Sweet Briar College.

The meeting is sponsored by the Virginia Association of Alcoholism Counselors and Virginia Commonwealth University. Two local counselors are chairman of arrangements. They are Susan Mock, Director of Employee Assistance Program at 845-1246, and Charlie Grainger at ARISE (drug and alcohol program) at 384-9240. Both the EAP and ARISE are programs operated by Central Virginia Mental Health Services, a Chapter 10 agency. Dr. Robert D. Gardner is director of Chapter 10. Ms. Blair will lecture and there will be several group discussions. Also a panel of three recovering women will discuss their recovery, stated Mrs. Mock.

"Persons may register at the door on Friday", stated Mrs. Mock. There is a small fee for the meeting.

Ms. Blair joined the alcoholism program at Grant Hospital of Chicago in 1976. She was named director this past February.

For nearly ten years, Grant Hospital of Chicago has been a pioneer in the rapidly expanding field of alcoholism treatment and prevention. This effort has included such diverse activities as the development of sound treatment modalities, education, and training of professionals, consulting with industry in the design and implementation of Employee Assistance Programs; research and development of program evaluation systems; and liaison with community agencies to increase the availability of treatment for and prevention of the disease of alcoholism - now the third leading cause of death in the United States.

Grant Hospital's Alcoholism Program is comprised of three operating divisions under the leadership of the Program Director. These are: 1) the Alcoholism Research and Training Institute, 2) In-Patient Alcoholism Treatment Unit, 3) Out-Patient Alcoholism Clinic.

All three divisions of Grant Hospital's alcoholism program have received two consecutive two year accreditations from the Join Commission on Accreditation of Hospitals.

Grant's five member Alcoholism Training Institute team and its six out-patient counselors offer the following services to companies on a fee basis:

*training the company's supervisors and managers to recognize progressive job performance indicators that signal the development of alcoholism or some typer of emotional problem.

*training a company's internal referral and employee assistance counselors

*consultation on the design or implementation of an alcoholism or employee assistance policy.

*Evaluation of the effectiveness and efficiency of currently operating assistance programs.

*diagnosis and treatment of the alcoholic on both an in-patient and out-patient basis.

Thousands of employees have gone through either Grant's 10-year old patient program and the five year old Alcoholism Treatment Center sees roughly 115 to 120 out-patients of all kinds every week, including families of problem drinkers. Present clients include Kemper Insurancer Company, the Chicago and North Western Transportation Company, Illinois Center Gulf Railroad, the State of Illinois Employee Assistance Program and the Niles Family Services.

Ms. Blair holds a B.A. in Sociology from Kalamazoo College, Michigan. She is currently completing her master's in management (with a speciality in health servicers management) at Northwestern University.

Ms. Blair's background has included sociologist with the International Council on Alcohol and Addictions, Lausanne, Switzerland; research assistant with the Ohio Department of Economic and Community Development, Columbus, Ohio. English teacher in Nigeria.

Rubber Stamps and Stamp Pads on sale at The Times Virginian, Phone 352-8215.

Matt Wilkerson Celebrates Birthday

Matt Wilkerson celebrated his 6th birthday recently with a party at A. J. Skateworld. Attending werre, left to right, David Irby, Brian Wilkerson, "Matt", Rodney Thompson, Lori Harris, Susan Doss, Sonya Doss, Chuck Wilkerson, Jeff Shirey, Jason Carter, Brandon McCraw, Sandy Rogers, Jimmy Dorety, Jamie Keys, John Phelps, Benn Mann, and Steve Godsey.

Don Goin Celebrates Birthday

Don Goin celebrated his birthday recently with a party at A. J. Skateworld. Joining Don for the celebration were Angela Dickerson, Michelle Colbert, Billie Johnson, Robin LeGrand, Sherry Doss, Karen Scruggs, Jessica Eades, Terry Colbert, Michelle Johnson, Traci Paulette, Amy Epperson and Tammy Hamlett.

JEFFREY WILCOX CELEBRATES BIRTHDAY

Jeffrey Wilcox, seated in center of picture above, celebrated his 5th birthday with a party at A. J. Skateworld. Attending were Nicole Moore, Greg Lucado, Sylvia Watts, Sherry Wilcox, Angie Thompson, Jennifer Tweedy, Ashley Burke, "Jeffrey," Robin Martin, Matt Foster, Rodney Thompson, David Drinkard, Timmy Downy and Adam Booker.

Denise Drinkard Celebrates Birthday

Denise Drinkard celebrated her 7th birthday recently with a party at A. J. Skateworld. Attending, left to right, were Roxanne Williams, Laura Williams, Jennifer Paulette, Shannon Williams, Marya Elder, Trisa Wooten, "Denise", Jennifer Elder, Angela Jaggers, Lori Ranson, Wendy Archer, Katrina Archer and Tara Johnson.

Anita Wells Celebrated Birthday

Anita Wells celebrated her 9th birthday recently with a party at A. J. Skateworld. Attending, left to right, were Brian Moore, Angela Powell, Sheila Wells, "Anita", Denny Drinkard, Johnny White, Tammy Marsh and Renee Marsh.

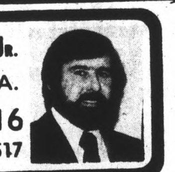
Edward Martin Celebrates Birthday

Edward Martin celebrated his 7th birthday recently with a party at A. J. Skateworld. Attending were Dustin Wilhoit, Diron Martin, Mary Beth Drinkard, Sandra Doss, "Edward", David Irby, Brian Peters, A. C. Martin, Karen Carter; and standing, Gwen Moore and Michael Martin.

Volunteer Host Families Needed

Volunteer Host Families are needed to welcome international participants of **The Experiment in International Living**, a private, non-profit, international educational exchange organization founded in 1932. "Experimenters", 16 years and older, come from all over the world for three-week homestays. Families, with or without children, who would enjoy introducing an Experimenter to America, are needed throughout the year, particularly during the summer months. For more information on this opportunity, or on hosting an International High School student for 5 or 10 months, contact Sallie Dillingham at The Experiment in International Living, Washington Office, 1346 Connecticut Ave., NW, Suite 820, Department SD, Washington, DC 20036. Tel: (202) 872-1330.

JAMES H. FORD, Jr.
APPOMATTOX, VA.
Phone 352-7916
Night Phone 352-5517



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It's time to start spraying tomatoes for blight control. The recommended materials are: Dyrene, Maneb, Captan and Bravo. You need to begin a spray program at the time the bloom appears and treat every 7 to 10 days. Do not apply Maneb or Zineb within 5 days of harvest. This means changing to another fungicide when fruit begans to change color.

We observed blight on potatoes this week - so while spraying the tomatoes it's desirable to spray the potatoes. Recommended matrials for potatoes are: Maneb, Captan and Bravo. Potatoes treatment should begin when potatoes are 2-6 inches high and spray at 5 to 10 day intervals. When late blight is present, reduce, intervals to 3-5 days.

Cool, damp weather is a good time for vegetable diseases to appear -- better get some protection out.

A copy of vegetable insect and disease control recommendations are available from this office.

* * *

Developing acceptable lease agreements certainly isn't easy. At best is nothing more than a compromise. We have available a brief outline titled "Leasing Land for Cash Grain" - if you would like a copy, stop by and ask for one or call.

Leasing is a bargaining process. Each party is expected to try to maximize his interests in the long run. An equitable lease tends to pay each party a fair return for his contribution and continue leasing in the long run.

There are a lot of questions that need to be answered. There is a landlord and a neighboring farmer that wants to rent his land. How are the terms of a lease decided? What is a "fair" lease? Is it a lease that allows each party to share in the returns from an enterprise relative to his share of the inputs into that enterprise? Does a lease have to be fair? No, few leases are strictly fair or equitable. Should they be? Again, no. Can a fair lease always be calculated? Generally, but it can become complex.

The outline on lease agreements that we have should be a helpful guide to the leaseee or leasor. I recommend your studying it.

* * *

In April, calf slaughter was down 48 percent from March and 82 percent below a year earlier in Virginia.

Commercial cattle slaughter was down 51 percent from a year earlier in this state.

* * *

A report of spring feeder sales has been developed. Some of the interesting figures are: 46% of the 3011 calves sold through the Lynchburg sale graded fancy and choice as compared to the average of 42 percent for all sales. In the first sale, calves averaged $86.66 per cwt. In the second sale, they averaged $88.08. All calves sold in Virginia averaged $87.70.

The Angus-Hereford crossbred cattle stood out and again points to the fact that feeders like this cross. In the fancy and choice steers, this cross was the highest selling, bring $1.59 per cwt more than next best. In the good grade steers, they were the highest selling, bringing $1.96 more than the nearest competitor. In the medium grade steers, the AXH cross was tops, bringing 64c per cwt more than the next best and even in common steers, the AH cross brought 80c more.

What does this mean? The commercial cattleman had better take a close look at his breeding program. Not only are these crosses bringing more money, they have some hybrid vigor -- which means they are stronger at birth and will weigh slightly more than a straight bred.

PTA Honors Elementary Staff & Teachers

The Appomattox Elementary School Parent-Teachers Association held its annual coffee honoring teachers and staff Monday morning.

Mr. Robert Williamson was presented a gift from the PTA and gifts from the staff in appreciation for all he has done in his six years here. Gifts were presented by Mrs. Mary Lou Ranson, outgoing PTA president, and Mrs. Harriett Redding. Mrs. Sarah Elliott, school secretary, was also given a gift from the PTA.

Assisting with the coffee was Mrs. Ann Kerr, Mrs. Linda Sellers, Mrs. Mary Lou Ranson and Mrs. Carolyn Coleman.

Hints For Homeowners

HOME IMPROVEMENT, SAFETY AND ECONOMY

CUTTING HOME ENERGY USE

Energy costs are high now, and experts warn that the end of increases is not in sight. As individuals, we can't do very much to control rising prices for gas, oil and electricity except by reducing national consumption. That's the principle of "supply and demand"—when there's more, it costs less.

But closer to home, we *can* act to control our own budgets and get immediate action. First, by practicing the many conservation methods urged by utility companies . . . like lowering thermostats 5° at night, making sure refrigerator door seals are tight, keeping stove-top burners and reflectors clean, washing and rinsing laundry in warm or cold water, and by remembering, instead of the dryer, the old-fashioned clothes line when possible!

Second, by insulating for summer as well as winter to eliminate all air leaks, into and out of the house.

Third, top-dollar energy savings require high-efficiency appliances. When

the time comes to replace old appliances or acquire new ones, we should shop for products with the best efficiency ratings.

Finally, it's important to keep equipment in top-performance condition, and for maximum economy to have the necessary maintenance hand tools to do the work ourselves. Again for economy, consider only top quality, lifetime products such as those by Cooper The Toolmaker—wrenches, screwdrivers, measuring tapes, files and saws, soldering tools, and metal snips.

It's said that conserving energy is sometimes a "game of pennies"—but why pay a penny more when you could pay a penny less?

• Give your wash-and-wear hairdo a quick pick-up by spraying it with water that's had a little cream rinse added to it.

July is National Hot Dog Month

Here's a delicious way to celebrate that American favorite, the hot dog, during the month of July:

Swiss Reuben Dogs

6 frankfurters
6 hot dog buns
1 8-oz. can sauerkraut, drained
1/4 lb. sliced Swiss cheese
2 tablespoons 1,000 island dressing
Mustard
Dill pickle slices

Slice heated frankfurters lengthwise and place in buns. Spread with mustard. Add sauerkraut and top with teaspoon dressing. Cover with cheese and place under broiler or in oven until cheese is melted. Garnish with pickle slices.

Just for Joggers

Experts advise including limbering-up exercises in your program — five to ten minutes of walking — to avoid injury. Also, allow yourself a cooling-down period. After a long jog, your heart is exerted, you're breathing deeply, your muscles are contracted and you are perspiring. Don't stop jogging abruptly; slow down your pace to a walk, and give your body time to return to normal.

Try the Local Y!

Want to shape up, but can't afford a health spa? Check the YMCA or YWCA in your area. There are physical fitness facilities and programs available for the whole family at your local Y.

Look to your health; and if you have it, praise God, and value it next to a good conscience; for health is the second blessing that we mortals are capable of; a blessing that money cannot buy.

—Izaak Walton

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We have two homes available in the $40,000.00 range, one town, one rural and ready for occupancy. Both feature 3 bedrooms, 2 baths, family room, carport, full basement and great location. Call listing agent, Pat Johnson for details.
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10.7 acres fronting state road, historical old dairy barn with well house. Beautiful home site or ideal for stable. Priced $13,750.00.
RESTRICTED ACREAGE
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1977 Chevrolet - 8 Ft. Fleetside - Blue & White - Blue Vinyl Seats - Automatic Transmission - AM Radio - Air Conditioner - Scottsdale - Step Bumper
1979 Jeep - J10 Pickup - Green/White - Tan Custom Vinyl Interior - 4 Speed - 360 - V-8 - AM/FM Stereo Radio - Sliding Rear Window - Air Conditioned - Step Bumper
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